

Suicide Grief: Facilitating a Support Group

Join the American Foundation for Suicide Prevention (www.afsp.org) for its "Support Group Facilitator Training Program" in Rapid City, S.D., on October 19-20, 2007.

- **WHAT:** A hands-on workshop to help survivors of suicide loss learn how to create and facilitate a support group for people who have lost a loved one to suicide.
- **WHERE:** Days Inn, 725 Jackson Blvd., Rapid City, S.D.
- **WHEN:** 1 p.m. Fri. Oct. 19 to 3:30 p.m. Sat. Oct. 20
- **WHY:** To empower community-based suicide survivor support groups, which can provide a safe place for survivors to share their experience and hope with one another.
- **WHO:** Survivors of suicide loss who would like to start a new group or who are now facilitating a group and would like to add to their knowledge and skills (*this is not a "healing workshop," and two years should have elapsed since a person's loss before he or she attends*). Mental health professionals are also welcome to attend.
- **How:** Cost is \$175 (meals at the workshop are included; travel & lodging are not). Register for the training & lodging through AFSP at 212-363-3500 ext. 10 or inquiry@afsp.org.

To register for the training & lodging: AFSP at 212-363-3500 ext. 10, inquiry@afsp.org. Local contact: Franklin Cook, Unified Community Solutions, 605-209-0292, franklin@unifiedcommunities.com.

AGENDA

FRIDAY

- 1:00-1:30 p.m. Registration
- 1:30-2:00 p.m. Opening Ritual & Go 'Round
- 2:00-6:00 p.m. Presentation
 - Bereavement after suicide
 - Facilitating a Meeting — Roles of the facilitator
 - Am I Ready to Facilitate a Support Group?
 - Starting a New Group — Nuts and Bolts
- 6:00-6:30 p.m. Break
- 6:30-9:00 p.m. Working Dinner: "From the facilitator's perspective, what is the most difficult situation during a meeting?"

SATURDAY

- 8:00 – 8:45 a.m. Breakfast
- 8:45 -10:15 a.m. Interactive Discussion: Case studies and special challenges.
- 10:15 -10:30 a.m. Break
- 10:30 -12:00 p.m. Breakout groups. Practice facilitating with feedback.
- 12:00 -12:45 p.m. Lunch
- 12:45 - 2:15 p.m. Breakout groups. Practice facilitating with feedback.
- 2:15 - 2:30 p.m. Break
- 2:30 - 3:30 p.m. Debriefing and Closing Exercises

INSTRUCTORS

Jack Jordan, Ph.D., is a psychologist in private practice in Sherborn, Mass., where he specializes in working with loss and bereavement. He is also the founder and Director of the Family Loss Project, a research and clinical group providing services for bereaved families. He has worked with survivors of suicide and other losses for more than 25 years, and is the co-author of a new book for survivors titled *After Suicide Loss: Coping with Your Grief*.

Franklin Cook, M.A., is a public health consultant specializing in suicide prevention and postvention. He is project supervisor for the Suicide Awareness Partnership in South Dakota and is an ASIST trainer (Applied Suicide Intervention Skills Training). He facilitates the Black Hills Area Survivors of Suicide support group and serves on the Pennington County Local Outreach to Suicide Survivors (LOSS) Team. His father died of suicide in 1978.